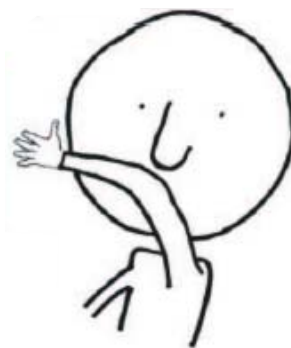


# What To Do **If** You Cannot Get Flu Vaccine

**Use** (and **teach** your children) respiratory etiquette:



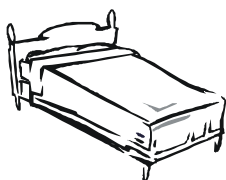
- ✓ Cover your cough or sneeze with a tissue or sleeve.



- ✓ Put your used tissue in the waste basket.



- ✓ Clean your hands after coughing or sneezing.



- ✓ Stay home from work or school if you are ill with respiratory symptoms or fever.

- ✓ If you are in a Flu Shot Priority Group, call your health care provider and at least be put on a list for the flu vaccine when and if it becomes available.
- ✓ If you are 5-49 and otherwise healthy, ask your provider about the FluMist nasal vaccine, which is available in some places.



The Maine Department of Health and Human Services  
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[www.mainepublichealth.gov](http://www.mainepublichealth.gov)